

Kohlrabi Chicken Salad with Roasted Plum – by Chef John Fisher, Renton Technical College – Culinary Art

| Ingredients | 20 Servings | Directions |
|---|---------------------------------------|--|
| Chicken [§] , roasted and pulled (Alternate: fajita chicken, pre-cooked) | 1 – 1½ lb (approx 2 ½ lbs chicken) | <ol style="list-style-type: none"> 1. Pre-preparation: Roast chicken, cool, and pull muscle meat apart. <i>CCP: Heat to 165° F or higher for at least 15 seconds. Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.</i> 2. Preheat oven at 350 ° F. 3. Make dressing: In a bowl, mix all ingredients except salt and pepper well with a whisk. Add salt and pepper to taste. 4. Roast plums in the oven for 8-10 minutes. Put aside to cool. Once cooled, peel and slice into ¼” 5. Make salad: In a large bowl, add kohlrabi julienne with leaves, chicken, broccoli, green onion and plum. 6. Pour dressing over, and toss well. Season to taste. 7. Sprinkle with sesame seeds <p>❖ Serve 1 cup (one 8 oz portion server or two No.8 scoops) per student</p> <p><u>Option: Wrap Sandwich</u> (serve 1 wrap per student)</p> <ol style="list-style-type: none"> i. Place a tortilla on a cutting board. ii. Place 1 cup (two No.8 scoops or one 8 oz portion server, do not overfill) of salad horizontally in front of you, slightly below the center of the tortilla. iii. With the sides folded in, use your thumbs to bring up the bottom of the tortilla. Tuck in the ends while bringing up the bottom flap. iv. Bring up the bottom of the tortilla and pull it tightly. v. Roll up the tortilla as tightly as you can, squeezing the roll back towards you as you go. vi. Press and create the end of the tortilla as you finish rolling it up. |
| Kohlrabi, bulb, green/purple, fresh [§] , peeled and julienned | 4 ½ cups (6 bulbs) | |
| Kohlrabi, top, fresh [§] , tear into ½” pieces | 2 cups | |
| Broccoli, florets, fresh [§] | 2 cups | |
| Plums, fresh [§] | 5 ea | |
| Green onions, fresh [§] , chopped | 1 cup | |
| Dressing: | | |
| Sesame oil | 1 oz | |
| Olive oil | 1 oz | |
| Soy sauce | 2 oz | |
| Rice vinegar | 2 oz | |
| Honey [§] | 1 oz | |
| Sesame seeds, toasted | ¼ cup | |
| Salt & Pepper | to taste | |

[§]WA product available when in season

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Tips & Variations:

- For **kohlrabi bulbs**, refrigerate for up to 10 days and wash before using. For **kohlrabi tops/leaves**, wash first, then refrigerate in a plastic bag wrapped in paper towels for up to 3 days.
- You can substitute half the green kohlrabi to **purple kohlrabi** to add color to the dish.
- By roasting, **plums** bring up the flavor even more. But adding fresh plum slices/wedges tastes as good!

Child Nutrition Program Food Components:

- ✓ 0.8 – 1.2 oz meat/meat alternative
- ✓ $\frac{2}{5}$ cup vegetable ($\frac{1}{5}$ cup dark green vegetable)

- 👉 **Kohlrabi** is an excellent source of *Vitamin C* and good source of *fiber*.
- 👉 **Kohlrabi**, also called “German turnip”, shares the origin with cabbage, broccoli, cauliflower, kale, collard greens, and Brussels sprouts in nature.
- 👉 **Kohlrabi** is eaten widely in Southeast Asia, India and an important part of the diet of Kashmir, northwestern region of the Indian subcontinent.

notes

